



# ALLIES OF PLURALS

DID

OSDD

Dissociative  
disorders

P-DID

Plural

UNDERSTANDING,  
HELPING AND  
SUPPORTING

PEOPLE WHO ARE  
MORE THAN ONE  
PERSON

GUIDE FOR ALLIES, HELPERS  
AND RELATIVES.



# WHY? FOR WHOM? BY WHOM?

The guide for allies of Plurals contains information regarding Plurality, Dissociative Identity Disorder (DID) & other forms of adaptive Plurality.

It gives those who know, are close to, or who work with people who house multiple identities within one mind and/or body, the keys to understanding and supporting them.

It goes over the basics, answers frequently asked questions, and solidifies this knowledge through examples, testimonies, and a bit of theory.

Whether you are a parent, a friend, a partner, a teacher, a coach or anyone else, browsing through this guide is certain to help you become a better ally to people who are Plurals.

This guide, originally written in French and translated by The Plural Association team, was written by Epsi and Kara, volunteers for TPA and owners of the French blog Partielles.com. For several years now, we have been trying to help everyone understand plurality and DID better, both from a scientific point of view and by sharing the personal experience of Plurals themselves.

We hope this magazine will help you understand the topic better, and enable you to offer informed support to your loved ones who are Plurals.





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# WHAT IS PLURALITY?

Plurals, to put it simply, are several people who share the same body, and therefore the same head and mind.

**Being plural is being more than one, being Many.**

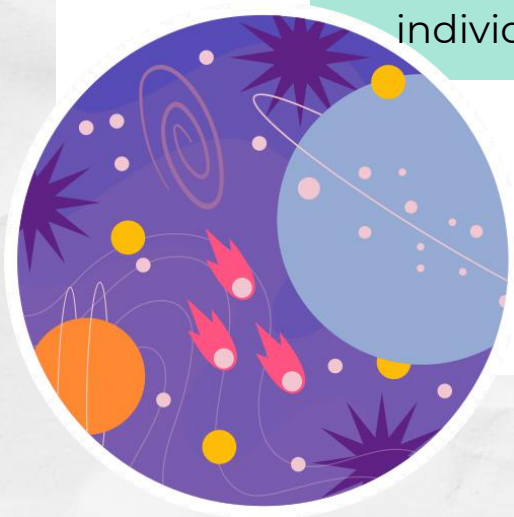
Yes, that is possible. There are many reasons why somebody might be Plural!

Some people were born this way, some people have made it a cultural or spiritual practice, some experience a combination of different reasons, some do not know where their plurality came from... and more.

## DID YOU KNOW?

Plurality is also known as multiplicity.

These are umbrella terms to describe any person who has an experience of being or having more than one individual within a single body.







In this guide, we will focus on the most well-known reason for Plurality: adaptive Plurality. It is a way the brain adapts to deal with difficulties or trauma that the person is going through or has gone through. There are several mental disorders that fit under the umbrella of adaptive plurality. There is notably **dissociative identity disorder (DID)**, **other specified dissociative disorder (OSDD)**, and **partial dissociative identity disorder (P-DID)**.

The exact number of people who are Plural is difficult to quantify, but there are far more than we might think. Research into DID prevalence makes up between 1,5 and 3% of the population, **which is more than the number of people with green eyes!**



## DID YOU KNOW?

All people who have DID, OSDD, or P-DID fall under the Plural umbrella. However, not all people who are Plural have DID/OSDD/P-DID. Neither are all people who are Plural traumatized. DID, OSDD and P-DID are only diagnoses given to some Plurals, who experience clinical distress by it.



# BEING PLURAL IS LIKE HAVING ROOMMATES

There are several people who are similar or not, know about each other or not, are the same age, gender and have the same wants... Or not. They are called headmates or alters.



They live together in the same building, sharing the space, or they live separately, or a little bit of both. They are part of a system.

Every house-share is different. Some are very small and some much bigger, and usually, people do not know that it is a house-share, but rather think it is a single-person household. Sometimes the people who live there themselves do not know that it is a house-share!

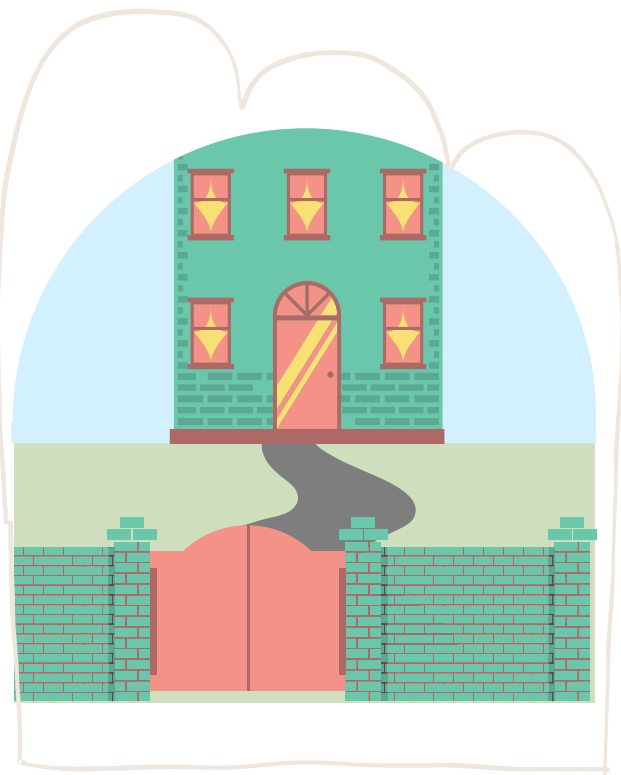


**Headmates:** are the different identities of the Plural person. We do not always know how many there are and they can be more or less developed and conscious of their existence. Some people call them headmates, some identities, some people, some parts, some alters...

**System:** A system is the combination of what makes up the Plural person, meaning the various headmates, as well as less-developed headmates that can be called fragments. All of the identities that make up a system are headmates, including the one you see the most.



Headmates can be interested (or not) in what is happening on the other side of the fence, meaning the outside world. They can come out of the building to better see what is happening from the garden or stay inside, or move from one place to the other, on their own or in a group.



Usually, every headmate can walk through the gate to interact with the outside world; we say that they are **fronting**. The headmate can also come back into the garden and another one can walk through the gate: that is called **switching**.

Several headmates can go through the gate together and act at the same time: that is called **co-fronting**. And when one or several headmates are fronting or co-fronting, other headmates can be in the garden and follow what is happening without going through the gate, which is called **coconsciousness**.



**Fronting:** means that an headmate is controlling the body of the Plural person. We can say that they are “at the front”. Depending on the system, every headmate can front or not.

**Switching:** is a change in the fronting headmate. It can be completely unnoticeable, including for the Plural person themselves. It can be long and difficult, making the person’s consciousness blurry for a little while.

**Co-fronting:** happens when two or more headmates are controlling the body at the same time, sometimes without even realizing it.

**Coconsciousness:** When headmates are conscious of what is happening in the outside world without being in control of the body, they are coconscious (with the headmates controlling the body). Communication between headmates is usually easier when the headmates are coconscious.



Plural: more than one individual in one's head



Singlet: alone in one's head



Singletsona:

“mask” that the Plural person wears when they cannot say that they are Plural, to pass as a singlet. It is because of that mask that every headmate in a system usually acts more or less the same way.

## WHEN SOMEONE IS PLURAL, CAN YOU SEE IT?

The house-share metaphor explained in the previous pages shows what is happening inside a system. However, from the outside, **this is often not (or barely) noticeable**. What can be seen is more subtle than it seems.

Before the Plural person has announced that they are Plural and is ready to show themselves as such, **it is rare for a system to be perceived** and to have visible switches. The various Headmates often try to act in a coherent manner so they aren't noticed.

It is an unconscious mechanism that can last even after the Plural person has explained to someone that they are a system. This is called **masking**: the system hides by acting as if they were alone in their head. Both overt and covert Systems are just as real and valid.

For that matter, it is common for a system to hide from itself and for the Plural person themselves to not know that they are multiple!

This is especially the case when the Plurality is of adaptive origin. A Plural person can realize that they are Plural at **any age**.

## DID, OSDD, P-DID: SYMPTOMS

When you're looking for a dissociative disorder involving Plurality, you can sometimes have a tendency to focus on **diagnostic criteria**.

There are not that many of them, but what are they?

In every case, the main criteria is the **presence of parts (Headmates)** that manifests through more or less subtle changes in train of thought, behavior, tastes,

relationship with loved ones, abilities, wants, capacity to make choices, sociability, energy level... Depending on the diagnosis, the second criteria is amnesia that, depending on the person, manifests by forgetting past events or periods of time, daily forgetfulness, a poor notion of time, forgetting faces, memories without affect, etc.



However, those criteria are not easy to understand or to see because the Plural person has usually put a lot of **adaptive mechanisms** into place for the Plurality to keep hiding itself from the system, as we have said before. In the case of a dissociative disorder, the Plurality is adaptative. That means it is linked to difficulties, trials, **trauma** that the person is going through or has gone through. Because of this, the **symptoms and disorders** that are visible are the ones associated with those events. Those are indeed usually **more obvious** than Plurality and can even hide a dissociative disorder!

## ASSOCIATED SYMPTOMS

What is the most visible, is usually what is noticed the least! Within a dissociative disorder, there are **many symptoms** that usually fly under the radar.

Adaptive Plurality and the conditions under which it develops (meaning difficulties or trauma) drive the person to hide and to not take most of their symptoms into account, because they are adapting to them! And that is usually done unconsciously.

All people with DID, OSDD or P-DID can have the following symptoms, but since every system is different, they do not occur in every case.

Among the **frequently associated symptoms** are: headaches, trouble focusing, stress, fatigue, digestive problems, feelings of emptiness or sadness, a need for control, fears, difficulty falling asleep or poor quality sleep, marked uncertainties, denial and more.



Among the more visible associated symptoms and disorders are:

COMPLEX OR SIMPLE POST-  
TRAUMATIC STRESS DISORDER  
ADDICTIONS  
SLEEPING DISORDERS  
EATING DISORDERS  
SUICIDAL THOUGHTS

DEPRESSION  
ANXIETY  
PERSONALITY DISORDERS  
OBSESSIVE-COMPULSIVE  
DISORDER  
RISK-TAKING BEHAVIOR

)...

Another recurring symptom is dissociation. To put it simply, it is a disconnection or rupture with the present moment, the here and now. For example, not seeing your usual journey by car go by, is non-pathological dissociation. It becomes pathological when it leads to problems in one's life, notably is it becomes too frequent or too intense, which can lead to symptoms such as: blurred sight, feeling unreal or like the external world is not real, having a fuzzy mind, looking into space without noticing the passage of time or hearing a conversation...

## ISN'T THAT A BIT MUCH?

Nope! Many conditions are linked. They are called **comorbid**.

Here's an example: trauma can cause anxiety and nightmares, causing sleeping disorders as well as fatigue, and therefore worse anxiety management.

Fatigue and anxiety can lead to eating disorders, and so on.





# TREATMENT?

DID, OSDD and P-DID **cannot be cured**. A brain that has developed an adaptive form of Plurality will always keep it as an option, just in case. No medicine can be taken to lessen or remove the effects of Plurality.

However, it is possible to **treat the associated symptoms** with therapy (in particular therapy that focuses on treating trauma) or by taking some types of medication (anxiety medication, for example).

## OVERVIEW CARDS



**NAME:** Dissociative identity disorder (DID)

**PREVALENCE:** 1.5 to 3.7% depending on the studies

**NO. HEADMATES:** Min 2 - Max  $\infty$

**AMNESIA:** DSM: Mandatory  
ICD: Frequent

**SWITCH:** Mandatory

**NAME:** Other specified dissociative disorder (OSDD)

**PREVALENCE:** +/- 4.5% depending on the studies

**NO. HEADMATES:** Possible but not mandatory

**AMNESIA:** Possible but not mandatory

**SWITCH:** Possible but not mandatory



**NAME:** Partial dissociative identity disorder (P-DID)

**PREVALENCE:** Unknown

**NO. HEADMATES:** Min 2 - Max ∞

**AMNESIA:** Possible but not mandatory

**SWITCH:** Rare



## DID YOU KNOW?

The DSM is the Diagnostic and Statistical Manual of mental disorders. It is a reference book regarding mental health diagnoses. The ICD is the International Classification of Diseases. According to the World Health Organization they both acknowledge the existence of dissociative disorders that involve Plurality. The diagnostic criteria they contain can vary slightly between the two.



# WHAT IS AN ALLY?

In our society, discrimination happens. For example, LGBTQIA+ people, people of Color and disabled people are subjected to oppression on a daily basis.

An ally is a person who **is not themselves subjected** to that discrimination, but **is aware** that it exists and does their best to help the people it directly affects. People who are Plural are often stigmatized. In that context, an ally is a **singlet person** (non-Plural) who supports and advocates for Plurals.

A true ally is also a person who **allows those who are experiencing Plurality** to speak first, since they are aware that being a singlet is a privilege, as they are not subjected to oppression linked to Plurality.

Of course, even if they are not subjected to that specific oppression, an ally might be subjected to other forms of discrimination.

One can be an ally to a cause and affected by another. Allies can be friends, parents, caregivers, medical staff, professionals... but also people who do not personally know any Plurals.



## WHERE AND WHEN CAN I TALK ABOUT IT?

If you are the caretaker or ally of a Plural person, feeling the **need to talk** about it is normal. There are spaces that allow you to express yourself on this topic. For example, there are Facebook groups like this one:

<https://www.facebook.com/groups/663002190773729>.

There are also forums, Discord servers, other Facebook groups...

**Be careful:** prioritize the **safety** of the Plural person you are helping. It is essential to say how you feel, but do not under any circumstances reveal a person's Plurality without their explicit consent! Do not give the name or other personal information of the person you are talking about.

Remember that, as an ally, your word is important, if not essential for Plurality to be seen in a positive light. But don't forget that it is important to leave spaces meant for Plurals to them alone, as they can also feel the need to share things with people who go through the same things as them.

# TESTIMONIES BY ALLIES

*I've been in a relationship with a system for seven years. When we met, the question of Plurality was soon brought up. Not with the words or understanding that I have now, but I quickly realized that my partner was not alone in her body. I don't really remember how I reacted, but I know I asked lots and lots of questions, some of them quite inappropriate, to be honest. Quite intuitively, I tried to communicate with the other headmates I didn't know. We got to know each other, to understand each other, we thought about whether we would like to be in a relationship, etc. The beginnings were very intuitive, and from what I know, that's not always the case! Haha*

*A little later, I was confronted with some insecurities. We had some difficult times before we found our footing! Nowadays, everything works just fine and we've found a nice balance! I wasn't afraid of meeting and getting to know the whole system, I wasn't afraid they wouldn't like me! I was prepared and I knew we would at the very least have a respectful and cordial relationship and that was okay for all of us! The first times I felt fear were during moments where some headmates and I faced disagreements and had arguments. How can I handle this? How can I keep things honest and not have the argument affect everybody? Should I mention it to the others? We had thought a lot about*



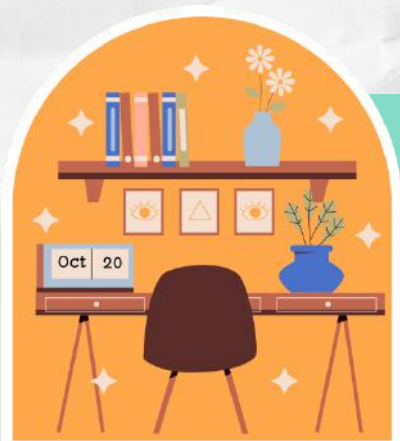
what we could do for everything to go well and about our limits but, we had never thought about what to do if there was an issue! After those few stressful moments, we took some time to think about it together! And now everything's okay! We are almost all (depending on age and whether we want to be) in a relationship, the system switches as they wish to/can, and we're very happy! I think not being apprehensive at first was a strength, but it also meant we didn't talk about "the bad parts". If I had to do it again, I wouldn't hesitate to talk about both the best and the worst parts!

- Noah

When my student shyly explained to me that he had dissociative identity disorder, I was not sure how I could help him. I had noticed he had some difficulties, but I had no idea what he was going through. I was lost, I didn't know much about it and I didn't want to ask too many questions so I wouldn't embarrass him. It seemed difficult for him to talk about it. After asking questions through the Partielles blog and reading a bit of theory, I had a better understanding of what it implied. We were able to create some adjustments based on discussions with my student and his system. He seems to be more comfortable during lessons as well. I thank him for trusting me, I understand his difficulties better now. I am talking to other teachers to see if he might be able to tell them about it later on. I hope that, soon, all of this will be better known. I'm sure he isn't the only one going through this. Thank you for this future guide.

- Marie





# SWITCHING AND HEADMATES

Headmates are **members of a system**. Their level of development can vary greatly from one system to another and even from one headmate to another within the same system. Some are as elaborate as regular people, some less so, and that development can evolve with time and life events. Headmates often have a name or a nickname, an age or an age range, a gender, a personality, wants, needs... They can also have physical characteristics or memories that are specific to them, beliefs, relationships and more. Within a system, some look alike and some don't.

Switching, meaning a **change in the headmate controlling the body**, is often imperceptible for external people, or even for the Plural person themselves. It may or may not come after a period of dissociation (a moment of delay) that can last between a few seconds and a few hours. Switching can be difficult and cause headaches, among other things. All of that depends on many factors, often specific to the system. A switch can be triggered by life events, things that attract a different headmate to the front, or, depending on the system, by choice.

## DID YOU KNOW?

Not all systems switch, and some only do it rarely. That is the case in particular with P-DID and some forms of OSDD.

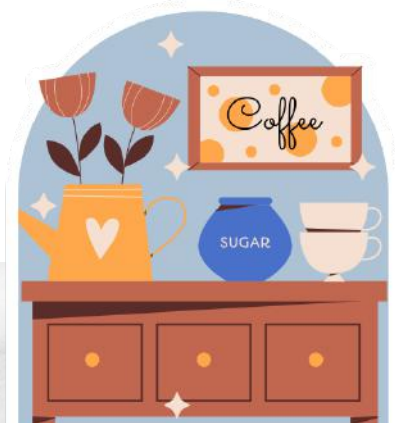


# HOW SHOULD I BEHAVE?

It is important to **treat each headmate as equal** to other members of the system, including the headmate you see the most often. Within a system, every headmate is important. Even if you have more affinity with one of them, it is essential that you welcome and establish a **relationship that is at least cordial** with any headmate that comes out.

**Rejecting an headmate** or expressing your preference for one headmate at the expense of the others will only increase potential conflicts within the system, which will as a consequence **increase dissociative symptoms**, as well as potentially deeply hurt the system and the headmates involved. If you notice a switch, just be respectful and respect the needs and particularities of the headmate who just took control of the body.

Beforehand, **ask the system** about their expectations (for example, does the system want you to tell them what you perceive or not?). Communication is essential, and even more so with a system which, let's not forget it, is a group of people, all with their own desires and needs.



# SPECIFIC HEADMATES WITH SPECIFIC NEEDS

Each headmate must be considered and respected as their own identity with their own needs. However, there are two types of headmates that can require more adjustments: **child headmates** (syskids/littles), and **headmates that are linked to difficulties or trauma**.

**Syskids** are headmates that are generally under the age of 12.

Every headmate is different, and they can act as children just as much as they can have a more mature demeanor that does not seem to fit their age. There are littles that cannot read and littles that can drive a car.

As for **headmates linked to trauma**, they have usually internalized a lot of negativity, fear, hate and/or rejection. They can also have deep feelings of sadness or anxiety, and even self-destructive behavior or suicidal thoughts. They can also resent the rest of the system, external people, relationships and even therapists and caregivers.

Littles can also be linked to trauma.





# WHAT SHOULD I DO?



It is important to take into account that littles are headmates, meaning children who share a more mature brain, while still being children, and therefore “immature”. Because of this peculiarity, it is important to **ask adult headmates of the system how to act towards littles**, ideally with the littles’ agreement.



When it comes to headmates that are linked to trauma, it is important to act with a lot of **gentleness, kindness and understanding** and without making them feel guilty at all, as that would increase the headmate’s insecurities. It is useless, as with every headmate but especially in that case, to get mad, blame or reject the headmate. Those headmates need time and trust. Provide them with a safe space where they can express themselves and feel understood.

N.B.: If there is immediate danger (in case of a suicidal crisis, for example), call emergency services or a crisis line, if you have not created a crisis plan. Don’t call the police, they are not trained to handle people with mental health issues.





Whoever the fronting headmate might be, it is important to be respectful towards that headmate

Please avoid sentences such as “I would rather that headmate fronts and not you”, or “that headmate is the only one who matters!”

If you're worried about an headmate, you can ask the fronting headmate if they're doing okay

Some headmates do not like being spotted when fronting, it is important to talk about this with the system beforehand to know what to do if you notice a switch

Ideally, you should establish a crisis plan with the system to know what to do if you find yourself in a tricky situation

Never touch a headmate without their consent,  
especially not when they are in crisis

If a headmate says mean things to you, please understand  
that this should not always be taken personally, it can be a  
sign of insecurity and lack of trust

If a headmate is hurting the body, make sure in  
gentle way that there is no immediate threat

If a headmate seems lost or amnesiac, tell them who you  
are, what is going on and let them take their time

Do not infantilize a little who has a mature demeanor and  
do not ask a little to act more mature if  
they are acting child-like

Respect every syskid according to their own needs

Ask the adult headmates of the system how to act if needed

# AMNESIA



There are lots of preconceived notions regarding **memory** within a system. Some people say that headmates cannot be aware of one another, some that there are always memory gaps during a switch. Those ideas are false in the majority of cases.

Amnesia manifests more often by forgetting **past events**, mainly difficult events or trauma and any moment of life that could have caused those events to be recalled, to the point of sometimes forgetting they have happened. It can also manifest itself by knowing those events have happened but only remembering fragments, **incomplete memories** or memories without affect. Amnesia can also present itself as **forgetting autobiographical information** or **daily forgetfulness**.

## DID YOU KNOW?

Amnesia is a diagnostic criteria for DID according to the DSM-V, but not for some forms of OSDD, for P-DID or for DID according to the ICD.

# MEMORY IN DAILY LIFE

Amnesia can show itself in many different ways. More often, it can pass as a lack of focus and manifests itself in the system's daily life through:

- forgetting about appointments,
- forgetting conversations, sometimes even faces and names,
- losing track of time,
- telling the same story to the same person several times,
- forgetting you have seen a movie or visited a place,
- remembering only after being reminded of it,
- etc...

Amnesia can also manifest through needing to think, even for a brief moment, when the Plural person is asked their name, their age or other information of that kind.





More often than not, the system has already put **adjustment** strategies into place, usually unconsciously and often without even realizing that they have memory problems.

A system that has amnesia will often say things like:

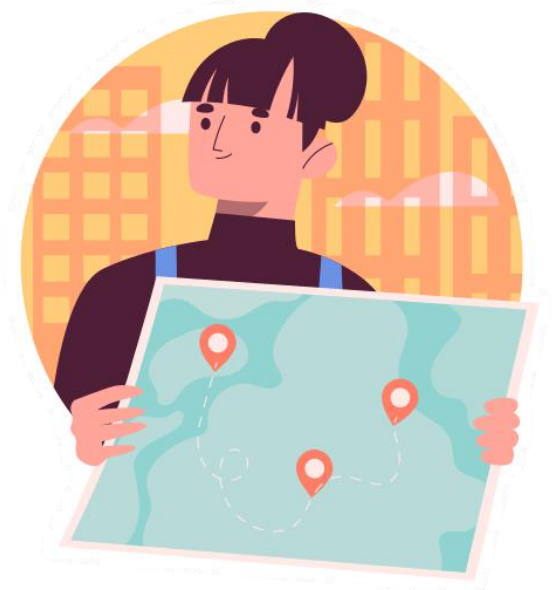
“can you remind me of what you said?”

“oh, sorry, I wasn’t focusing, I probably didn’t hear you right”

“ah, you know, I always have my head in the clouds!”

They can also act as if they have no issues and struggle with their memory on their own, thinking they should have paid attention. Of course, compensating for their memory issues in that way can be **tiring**.

In more complex cases, amnesia can also lead to **situations that are difficult to handle**, such as forgetting one’s home address, meeting unknown people that seem to know the Plural person, “waking up” in foreign places, ...



In order to compensate for amnesia, one can use associations. For example, the Plural person can remember where a conversation took place without remembering what was said.





# HOW CAN I HELP?

First of all, it is important to not make the Plural person feel guilty for their memory issues. Tell yourself that the system is not ignoring what you say, it's just that amnesia is both complex and insidious. The Plural person is not doing it on purpose and is likely listening very carefully, but they just aren't able to find their memories the way a person without amnesia could.

Above all else, avoid guilt-inducing sentences such as "You always forget about everything, you don't pay attention to anything!".

Ideally, you should **ask the system what you can do to help** them: take notes, use post-it notes, remind them of appointments, remind them to take medication...

Please do so according to your abilities and to what suits the Plural person best, suggest things and invite them but do not force a vision or a pace of life on them without their consent, as stress worsens the effects of amnesia.

# TRAUMA

Trauma is an **emotional shock** that the brain is not able to process like regular information. The event becomes “stuck” and is not felt as belonging to the past; anything that causes the person to recall that event can trigger stress, anxiety, fear, reactions that are coherent with the person re-experiencing the event even though it is not the case. The way the brain treats that information is **strictly personal**. One person might go through an event with no consequences while someone else will go through the same event and be traumatized. No trauma is more serious than another. Of course, some events are more likely to cause trauma, however judging someone based on the “seriousness” of their trauma is not judicious. There is **no such thing as insufficient or illegitimate trauma**.

Trauma can be considered “simple” or “complex”. Once again, this is not a way of ranking trauma, it only refers to the complexity of the information the brain has to process. Usually, “**simple**” trauma is a single event, such as a car crash. Trauma usually becomes more **complex** when it is repeated or when it requires contradictory reactions, such as when a parent, who is supposed to be a symbol of safety and take care of the child, is neglectful or abusive, becoming a symbol of insecurity and fear.



“Simple” trauma can lead to more visible reactions, such as anxiety attacks and flashbacks, while “complex” trauma can lead to less obvious reactions, such as generalized anxiety disorder and hypervigilance. This is obviously not linear and reactions vary from one person to another.

## DEFINITION: ADAPTIVE PLURALITY

Plurality that is developed in reaction to trauma or difficulties (disability, neurodivergency, psychodivergency...). DID, OSDD and P-DID are generally adaptive forms of Plurality.

Adaptive Plurality, especially DID, OSDD and P-DID, is often linked to **complex trauma**. It develops to handle incoherence in one's needs, such as in the case of the abusive parent. A brain that is not able to handle the abuse can “multiply” its ability to cope with that incoherence through different headmates or fragments. 🧩

Several headmates are there to handle some parts of the trauma. For example, there are headmates that keep the memories or parts of them, others that protect the system against new trauma, and still others that are there to go through life as if there was no trauma, etc...



Within a system, there are frequently **amnesic barriers** between headmates that can be more or less thick. That means that some headmates can be aware of the trauma and its consequences and some not. Some headmates may be aware of the system and some not. Those barriers are **porous**, as the system must be able to protect itself against new trauma. To do this, they must be aware of what is going on externally, in order, for example, to let another headmate come through to deal with a situation. However, those barriers can thicken, especially in cases of **internal conflict**.



## DID YOU KNOW?

According to recent research and theories (unconfirmed but probable), DID develops before the age of 10 and OSDD can develop later on. There is no data regarding P-DID, but it is probable that it could develop later on as well.

# TRAUMA MEMORIES: QUESTIONS & ANSWERS

Is it possible for an headmate to know what is happening when another one is there?

Yes, amnesic barriers between headmates are more often than not porous, even though they can be more or less thick. This will vary system to system and even headmate to headmate within a system.

Is it possible for all headmates to forget?

Yes, that can happen. It is always possible for an headmate to remember, but to remain silent or to be inaccessible/stuck/too far into the unconscious.

Is there a minimum gravity of trauma to have in order to develop an adaptive form of Plurality?

No, all trauma is legitimate, no trauma is insufficient. Trauma is an emotional shock whose treatment will be different for each person.

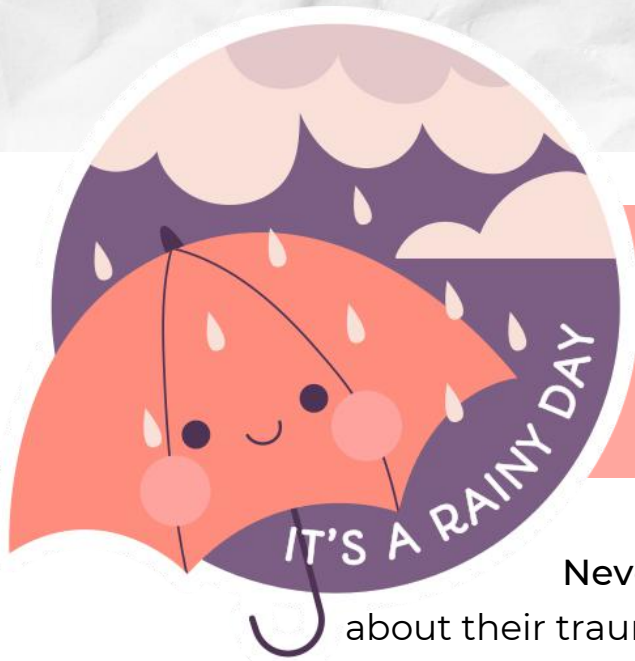
Should I believe my loved one even though they are talking about their trauma as if they didn't care/joking about it?

Yes! A frequent trauma response consists of losing the affect linked to the trauma. This can be a protective measure systems use to protect the person they are talking to.

Is it possible for my loved one to feel like they have/have no memory of trauma?

Yes, a traumatized brain can go as far as to let a person forget the existence of their trauma.





# WHAT TO DO?

Never force a traumatized person to tell you about their trauma, you risk hurting them a lot. You can invite them to tell you if they feel ready to share and you are comfortable hearing about it.

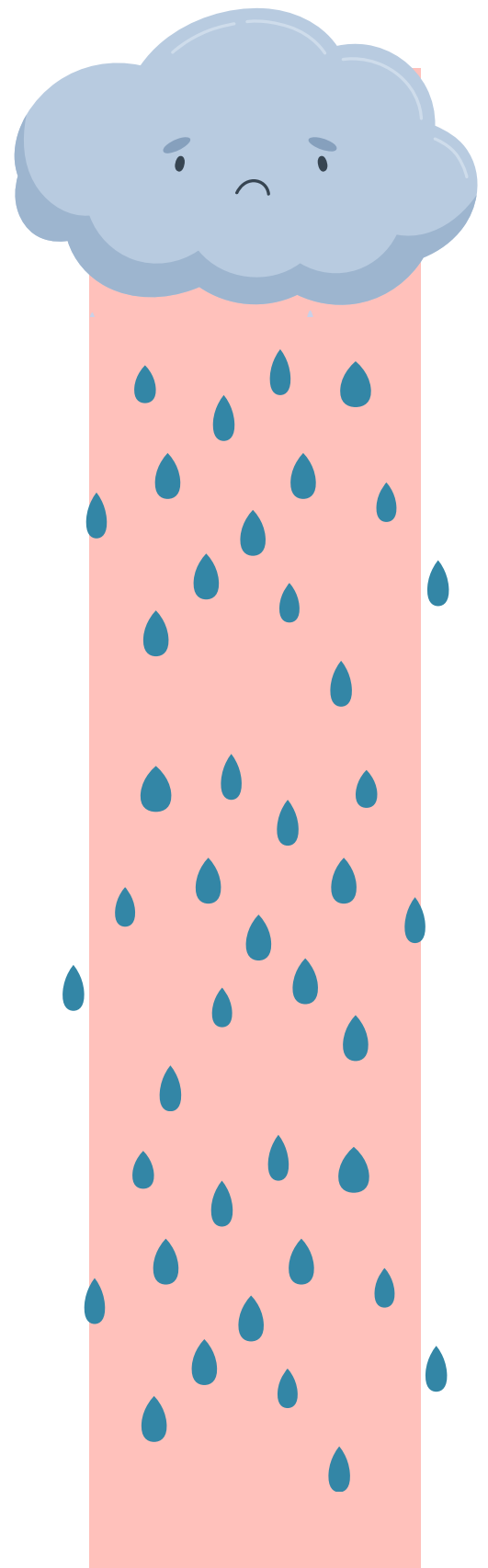
If a traumatized person tells you about their trauma, do **not judge** what they are telling you or how they speak about it. Their discourse may very well be disjointed or robotic, they might minimize things or laugh and tell jokes. Avoid minimizing what they have experienced as well as sentences such as “it could be worse” or “it wasn’t that bad”. Stay clear of pity and fascination. Offer a **sympathetic ear** and support. Tell that person you believe them, thank them for their trust, **ask if you can do something** for them and check if it’s ok for you to ask them questions.

If an headmate tells you about a traumatic event, ask them if you can **broach the topic with the rest of the system**. Sometimes only some headmates are aware of an event, revealing that information to the other members too early can disturb the system. Check if it’s ok to **keep a record** of that information in order to bring it up later when others are ready to hear about it.

Certain headmates might not have the same feelings and memories about certain events or people. In the case of an abusive parent, some headmates may strongly resent that parent whereas others might consider them a loving parent. **Complex trauma is often partitioned** between different system members. All those feelings are **valid**, and it often takes time for the whole system to understand and process what happened. It is very important to let every headmate **proceed at their own pace**.

Otherwise, it could trigger intra-system conflicts because of inconsistent understanding which might in turn strengthen the amnesic barriers. For example, forcing an headmate to recognize an abusive situation or tell one that they must move on, may lead to arguments and stress between headmates resulting in them having to keep information from one another (amnesia).

In case of **flashbacks** and trauma-related anxiety, **grounding** is an efficient way to come back to “here and now”. There are numerous grounding techniques (counting backwards, listing objects in the room, listening to music...). If you can, you should help headmates **find techniques** that fit them and encourage them to ground themselves when struggling.



# STIGMATIZATION



Plurality is sadly dismissed as made-up, subject to ridicule, harassment and a lot of **misinformation** on top of being **discriminated** against. DID for instance is poorly depicted in movies and TV shows which almost always include a dangerous/murderous headmate.

Some common beliefs about plurality include:

Plurality is (very) rare - false

One cannot be aware of one's headmates - false

Switches cause blackouts - possible but rare

There are dangerous headmates - rarely

It only affects "dysfunctional" people - false

It's the same thing as schizophrenia - false

With all the misinformation going around and causing hate, Plural people themselves **struggle with believing in themselves** and trusting their own experiences. As an ally, it is crucial to believe them and deconstruct the biases one has learned.



# ISSUES WITH MENTAL HEALTH PROFESSIONALS AND DIAGNOSES

Health professionals including psychiatrists and therapists are sadly **not immune to these misconceptions**. Many of them don't even believe in the existence of DID which is significantly **underdiagnosed**.

According to a Harvard study 90% of therapists don't have the knowledge to diagnose and treat DID even if there has recently been a slight improvement. OSDD and partial DID are even less well known. In any case there is a risk of meeting a therapist who will do more harm than good.

To put it simply, getting a DID diagnosis is a **long and difficult process**. Most often, it is impossible to be certain of the therapist's benevolence and competence before going to several appointments. Unfortunately, any bad experience can cause fear or even trauma and often postpone diagnosis and any professional help by several years.



For all of these and many more reasons, it is **useless to force** a Plural person with a potential DID, OSDD or partial DID to consult a professional if there is no danger. It is better to wait until that person is ready and **accompany them in the search** for a therapist. Reassure them and encourage them if it goes well or encourage them to look for someone else if the appointment goes poorly. Remind them, it is not their fault.





# IN ORDER TO HELP YOU, THE ALLIES

## The Plural person trusts you

You are probably already doing some things right and that's undoubtedly why this person told you about their plurality. They trust you! One must really be at ease to dare to share that information. Remain respectful, genuine and sincere.

## Respect your limits

Take care of yourself, take time if you need it. Don't put yourself in situations that make you feel bad, you risk doing more harm than good. If you're uncomfortable with some subjects (for example trauma related topics), respectfully say so and communicate your boundaries.

## It's normal that you didn't "see anything"

Don't feel guilty or tell yourself that you should have noticed something. The whole point of adaptive Plurality is to mask difficulties and remain undetected. It is very hard to speak about it to other people. You haven't "missed" anything, it's normal that you didn't see anything.





# IN ORDER TO HELP THEM, THE SYSTEM

## Feeling legitimate is complicated

Because of stigma and the need to hide, it can be very difficult for some Systems, to speak about it and not feel like they are making everything up. Reassure them about their legitimacy and don't question their experiences, even by mistake, it could have painful consequences.

## Take all the headmates into consideration

Respect each Headmate with their individuality. Headmates aren't "actually all the same person", (unless they say so) they each have their personality, maturity level, their wishes, their needs... Let them be who they are and offer each of them the possibility to exist as themselves. Take their age into consideration as well.

## Ask how to behave

Don't presume to know the systems or an headmates needs, ask them how they want you to behave in different situations (how to talk to them, what to do if you notice a switch, how to help in the best way...). Every system is different. Also know that what a system needs can vary per Headmate and change as they heal and get to know themselves better.

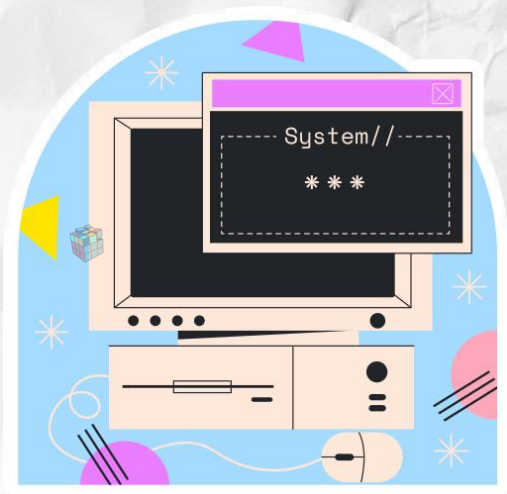




You don't need to know a Systems trauma to support them. Whether you know about the existence or the specifics of a Systems trauma or not, don't bring it up without the headmate's agreement or you risk triggering dissociative crises.

Because of the strong stigma surrounding Plurality, outing someone as a Plural person (revealing their plurality to others) can be very dangerous, even if you think you're telling trustworthy people, even in dedicated spaces. Never give their name or other personal information.

A (negative) trigger is something that reminds a person of trauma, it can trigger a dissociative crisis or a disorganized switch. Every traumatized person has triggers, some of which may be unexpected. If possible, identify what upsets the system or ask headmates their triggers in order to avoid them as much as possible.



# IN ORDER TO HELP ALL SYSTEMS

## Learn more about Plurality and share that knowledge

Theoretical knowledge is not the same as the affected persons' lived experience. Learn from both, ask Plural people which resources are relevant, learn the vocabulary they use and the challenges they face. Share that information with people around you.

## Don't compare Systems

Plurality comes in all shapes and sizes; every System is different. Don't compare Systems and remember feeling legitimate is complicated for most Plural people. Don't dismiss part of the Plural community because it's different from what you know or because of some people's discourse.

## Report inappropriate behavior online

If you witness harassment or inappropriate behavior towards Plural people online, Report it to the platform. If it looks like it stems from a lack of information, share relevant resources. Thank you for your help!





# THE KEY: COMMUNICATION

Sincere, benevolent and assertive **communication** is the key to any **good relationship**. It's even truer with a Plural person who is a perpetually evolving dynamic System of several people with potential confidence and/or memory issues.

If you are wondering how to behave or what to do, **ask the Headmates** directly. As every System is different, there is no universal answer to your questions. On the next page you will find some **useful questions** to ask a Plural person in order to respect and support them as well as possible.

Note: for someone with an adaptative Plurality, the need to hide can be strong and **talking about it can be difficult** or stressful. A System might be unable to answer or at least not at that moment. You can ask the question later if necessary.



## DID YOU KNOW?

Some Headmates don't speak or only speak sometimes. Find alternative means of communication such as writing, drawing, emotion wheel, Augmentative and Alternative Communication (AAC) etc ...



# USEFUL QUESTIONS:

- Can I ask for information about Headmates?
- Do you want me to refer to you using singular or plural pronouns?
- Can I ask who is fronting?
- If I notice a switch, do I tell you?
- Is it okay to ask to speak to another Headmate once in a while? If so, in which circumstances?
- If I make a mistake, what do I do?
- To adult Headmates: What can I do to put the syskids (child headmates) at ease? How should I act with the syskids?
- What do you need in case of a potential crisis?
- Can I do something to help you? If so, what?
- When you feel up to it, could you tell me if there are topics to avoid?
- Are there other people you can rely on?
- Where can I find more information about plurality?
- Can I talk about it to other people? If so, to whom?



## DON'T FORGET:

Take each Headmate's answers into consideration even if they may seem odd at first. Trust the System, offer solutions if necessary but don't impose them. Assume positive intent.



# IN TRUTH, WHO IS THE PLURAL PERSON?



When a Plural person comes out to you as Plural, you may be asking yourself who your friend, child, partner or student really is.

Before speaking up about their Plurality, a System **masks a lot**, masks Headmates, switches or difficulties such as amnesia. The “person” you know is often that mask also known as “**singletsona**”. In general, in order to hide their Plurality, Headmates act in a more or less coherent way though they might not think about it consciously. That mask may be similar to one Headmate, a mix of different headmates or to none of them.



Moreover, in a System there is an **internal dynamic**: several Headmates taking control of the body at the same time or influencing each other, switches which are undetectable from outside and inside, etc.

The truth is **you have already met several members of the system**, you have interacted with these Headmates, you already know them despite the mask and the internal connections. They are essentially not new relations, not all of them anyway, they are existing relations you can **develop new bonds** and trust with.



All your memories with the Plural person are real, they are merely more dispersed than you thought. You are not « losing » this person, on the contrary, **your relationship can grow** and there can be several bonds with this person who is actually several individual people.



## DID YOU KNOW?

Plurality is not rare. Everyone has most probably met a Plural person without knowing it. Sometimes the Plural person doesn't even know it themselves.

# IN CASE OF CONFLICT WITH A HEADMATE

The best way to support a Plural person is trying to establish relationships which are at the minimum level civil, with each Headmate you meet.

Nevertheless, there might be headmates who are more reticent to form social bonds, or your personalities might be incompatible.

If that is the case, **try to step out of conflict**, stop and avoid getting angry.



When things are calm again, try to **talk** to that Headmate or other Headmates to try to **see what could be done** to improve the situation.

If tension persists, try to come to an agreement with the System about how to **deal with the situation in the best way**. For instance: the Headmate lets you know they're around and you give them space. In any case, don't tell the System that this Headmate should never front when you're around (it can't always be controlled) or "should disappear". Telling a Headmate that, no matter the reason, risks causing many internal issues. No one likes to be told they have no right to exist.

# IN CASE OF CONFLICT BETWEEN HEADMATES

Intra-system conflicts can increase DID, OSDD or partial DID symptoms. If you don't feel comfortable with intervening in a conflict between Headmates, simply make sure that you're not making it worse.



If asked to and you feel up to it (ie: you have the energy and desire) try to take on a **mediator role** in case of conflict between a System's Headmates. Don't favor one Headmate over another even if you think that one is right and the other not. Ideally, try to listen to everyone's opinion without taking sides and help the System find compromises.



# SOME SPECIFIC ADVICE

## YOU ARE A FRIEND/RELATIVE

If you feel comfortable, offer a safe space to listen to them and share freely. If the System is ok with it, ask questions and help the System in understanding themselves, discovering themselves and trusting themselves.



If the System doesn't want to, **don't force interaction**, give them time.

Don't judge their lived experience or their trauma if headmates tell you about them. **Ask how you can help.**

Don't ask to only see one Headmate because you feel close to them. Don't reject the other Headmates. **Switching is not always controllable**, and rejection is always hard to go through, especially when you're part of a System.



# YOU'RE A PROFESSIONAL WHO HELPS A SYSTEM

Make sure to accommodate the Plural person in an adequate way and offer adjustments if necessary. Depending on your field of work, it could be about memory, fluctuating abilities (varying between headmates), fatigue, pain, etc. Each Headmate may need different adjustments.

Believe things as they see them and when safe, assume positive intent.

It is crucial to absolutely respect boundaries and consent, especially about physical contact. Even if physical manipulation is part of your job, make sure to have the consent of the Headmate fronting at that exact moment before any kind of physical contact. Whatever your profession is, remember that there may be children and/or traumatized Headmates who might not be aware of the limits to respect in the context of a medical consultation or in a classroom. **Be considerate and reassuring** but don't cross some lines.

**Do not reveal information about the System** or their Plurality without their consent, not even to other professionals if it is not absolutely necessary and if there is no danger. The **stigma is so strong**, whatever the professional context, revealing this information is a risk.



# YOU ARE A PARTNER/HELPER

**Communication is key.** List your doubts and needs and talk to the system's headmates about them. Let them express themselves as well and answer their questions.

Ideally, try to be civil with each and every headmate. If you are in a relationship with a system, **figure out your own boundaries** and discuss your relationship with every headmate in detail. Are you going out with all the headmates who are old enough to be in a relationship or not? What are your boundaries depending on whether you're going out with a headmate or not? What type of relationship do you want with which headmate? Etc...

You should also talk about polyamory and « fidelity ». If you are only dating one headmate, what can the other headmates do? How should they consider you? The answers to these questions can vary between systems and between different relationships.





In any case, try to adapt your behavior depending on every headmates (age, needs, mood, gender...).

**Help the system in their difficulties** (with memory for example) without judgment and give them a space of trust and good listening if possible. Try to help them also with accommodation difficulties (searching for supports, work, healthcare...).

Remember that a system may be traumatized, with sometimes surprising reactions, like a strong and invasive denial of contact or discussion even though there's no issue usually. Try to talk to them about it when they feel better. Please be aware there are things in the past of the system that you will probably never know.

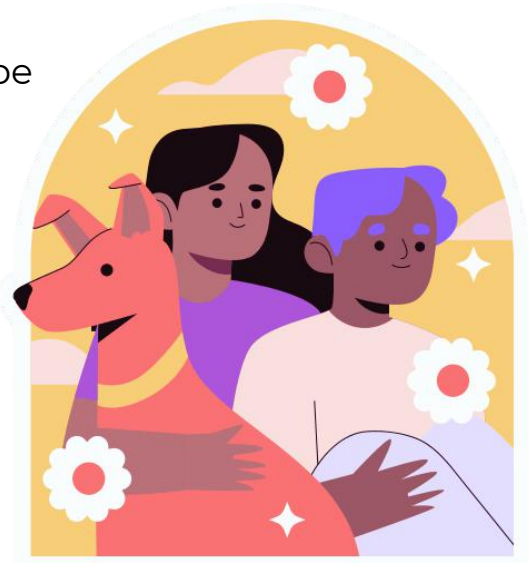
**Establish a crisis plan adapted to the system and you**, considering what you can do to help in case of crisis after talking about it to the headmates, and include a plan for self-care for yourself.



# YOU ARE A PARENT

When your child announces to you that they (might) have adaptive Plurality, it is normal to be curious about their traumas. For the sake of your children, do not dig or ask trauma specific questions. Talking about that too early can cause a crisis in the System. **The Headmates will talk about it when they feel ready.** It may never happen, don't worry, it is not a lack of trust in you, it can be a need to keep it secret, simple as that, and there will be things you will probably never know.

**Try to not feel guilty.** It is possible that you made mistakes, like everyone else, and that doesn't mean you're responsible for the difficulties that your child's System had to face. In addition to that, the Plurality hides itself and is still not all-known. If you didn't catch the signs, it's normal, as well as the traumas, it can be difficult to see them. If your child expresses a feeling about you, apologize if needed and **establish new trusting relations.** Remember that if your child did talk about their Plurality, it means that they are trusting you or they want to trust you.





**Consider each member of the System** individually. Headmates are individuals, each deserves their own relationship with you and will not be the same with every Headmate. There can be Headmates who don't want any particular relationship with family members related to body. That doesn't mean they don't care about you. There is no "Headmate who is your real child", respect every Headmate and have a relationship adapted to who they each are (age, needs...).



Don't be scared. Even if you have the feeling of not recognizing your child or the Headmates, you know them. You have already met their Headmates, **you live now or have lived with them** since your child was very young. A large part of adaptive Plurality is hiding the system from others, even those we live with and love. You now have the opportunity to develop connections with your child's whole self which includes other individuals. As you go through this process and get to know your child's Headmates better you will notice that they are familiar, you just didn't know they were there.



**Trust your child** and don't condescend. Believe what they say and give them support. Ask the Headmates how you can help them if you want.



# QUESTIONS & ANSWERS



## PLURALITY

### Is it rare?

No. DID in itself is more frequent than the number of people having green eyes. Many more are Plural in other ways.

### Can it be cured?

No. A Plural brain will always stay Plural. Other headmates can appear during any time in a life.

### Is it required to take medication?

There is no medication that can delete the Headmates, even in the case of DID, OSDD or P-DID. Medications only work for relieving symptoms, such as anxiety and insomnia, not the Plurality itself.

### How is it treated?

The disabling symptoms of DID, OSDD and P-DID can be lowered by therapies including, trauma informed talk therapy, (CBT or DBT for example) somatic therapies, EMDR, art therapy and many others. Every System will respond differently to different treatments and therapists, it may take time to find a good match.

## Is it dangerous?

Not for you. However, the risk for suicidality and self-harming behavior is higher with traumatized people. As well as the risk of them being abused.

## Is it visible?

Plurality is generally not visible, especially if you don't know about it, even with the potential differences between attitudes and ways of talking. Plus, if the Headmates don't want to be noticed, it is generally indiscernible. Overt - visible Systems and Headmates are less common, but just as legitimate. Empower Plurals to unmask if they want to.

## What is the difference between DID/OSDD/P-DID and Plurality?

Being Plural means being more than one. DID/OSDD/P-DID are diagnosis of disorders in relation to Plurality (usually adaptive in nature). Plurality itself doesn't mean disordered, maladaptive or pathologized.

# ORIGINS

## Can Plurality appear at an adult age?

It depends on the individual. It is however more common that an individual becomes aware of Plurality as an adult, but the (adaptive) Plurality itself has existed in hidden state since childhood. Some become Plural in adulthood, by choice or due to a cultural or spiritual experience.



## Is it genetic/hereditary?

Some Plural report so, but currently there are no studies proving a genetic link.

## Is it contagious?

No, but discovering Plurality as a concept and possibility, may lead to someone realizing they are Plural themselves. We can only explain experiences, when we have the language to do so. Meeting other Plurals can provide that language and help Plurals explain their experiences.

# HEADMATES

## Is there a maximum amount of Headmates?

No. Some Systems have two Headmates, some ten, some fifty, some hundreds or thousands, some more. For some it fluctuates.

## Do Headmates have different tastes/behavior/...?

Often but not always. Some Systems have Headmates that are very distinct from each other, some Systems have Headmates that are very similar. You can also have combinations of similar and different Headmates in the same System. For some it fluctuates.



## Do Headmates have similarities (other than the body)?

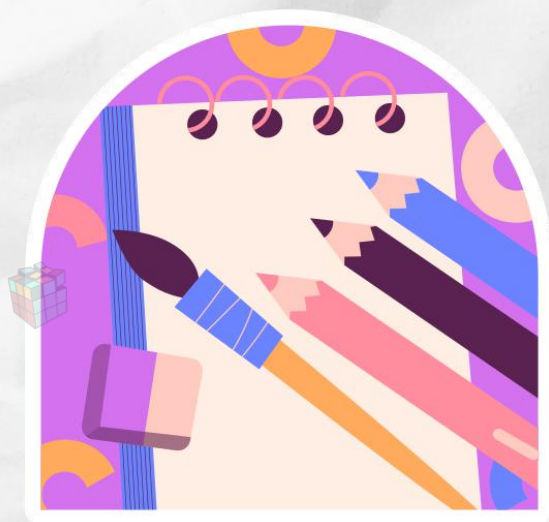
It depends on the System and Headmates. Some share their tastes, ideas, memories, emotions... and some do not. Note: Some Headmates may not even acknowledge the Plurality or adaptiveness behind it.

## Do Headmates have memories of what the other Headmates do?

Often yes, but these shared memories may be blurry and hard to place into time. Some Headmates may not be able to recall certain events or share information with specific Headmates.

## If a Headmate disappears, will they come back?

It is possible, but it depends on the situation. If you wish to contact a System member who no longer seems to be around, say to the System that the Headmate in question will always be welcomed here and ask to give to them the message if possible.





## Is it possible that Syskids can age up?

It depends on Syskids, some grow up, some do not. However, it is unnecessary to force a little to grow, it will probably not work and will create stress in the whole system, as well as a feeling of neglect for the little in question. Avoid (causing internalized) ableism.

## Do Syskids always exhibit childish behavior?

It depends, some have a behavior adapted to their age, some have a more mature one, some alternate depending on situations.

## Can Headmates have other diseases/disorders/symptoms from each other?

It can happen. It is actually quite common for adaptive Plurals to experience symptoms in the body differently from one another as well, different tolerances to pain for example.



# OTHERS

## Can a person self-discover their Plurality?

Yes, self-reporting is even recognized in the DSM-V.

## Is it schizophrenia?

No, schizophrenia has nothing to do with Plurality, either DID/OSDD/P-DID.

Note: It is possible be schizophrenic and Plural.

## Is it possible to live a 'normal life' as a System?

Yes and no, it depends on the difficulties the System faces and the access to treatment and services they can get access to. Some have disabling difficulties, some do not. Some also have problems recognizing their difficulties, leading to burnout for example.

## Are there suggested treatments and accommodations?

They exist, unfortunately, they are hardly accessible. This is one of the reasons why this guide and The Plural Association Nonprofit exist in the first place.





# TYPES OF QUESTIONS NOT TO ASK

Plurality often generates a lot of curiosity, clumsiness and fascination. Sometimes this is harmful unfortunately. It can be tempting to ask questions but some must be avoided to show respect and kindness to the System.

Here are some examples of harmful questions.

## What are your traumas? Why are you Plural? How was your childhood?

It bears repeating, Plurality may be associated with traumas, but you don't need to know details to help the System. Talking about them too early can cause crisis and problems, and those details may be none of your business.

## Who is the dangerous one? Are you going to attack me? Is it like in Split (the movies)?

Movies translate a disastrous representation of Plurality and DID particularly but that portrail, is not a truthful representation. Systems are more often the victims of violence and disparaged than the attackers.

## How do you know it is not just you? How do you know you're not imagining it?

Feeling legitimate and the impostor syndrome are touchy subjects. Trust the System, assume positive intent and do not create doubts about their past and their experiences. If they are talking about it, that means the System is living it, it is their reality, no matter how you see it.

## How do you know if they are not imaginary friends/characters/your imagination?

Same answer as before. Plurality is not rare and it is way more frequent that they are Headmates and not anything else. If you still doubt, again, do trust the system, they know what goes inside their head.

## I've heard that Plurality does not exist, are you sure it is true?

Plurality has been recognized for decades but is really stigmatized. Please, do detach yourself from preconceived notions and seek modern resources for information like those listed in this guide.



## Did a psychologist/psychiatrist tell you that?

Medical and other professionals may question even after an official diagnosis. It is very hard to get connected with anyone willing and qualified to give a DID/OSDD/P-DID diagnosis, most take 6-8 years in the mental health system before being properly diagnosed. **The search for answers can be very invalidating and traumatic.** It's not necessary for a System to disclose their medical treatment or status in order to deserve respect as themselves.

## Are you healing yourself?

Plurality doesn't always require healing. When it is the case, it is the same answer as the precedent question, it can be a touchy topic. Reminder: Plurality cannot be cured.

## Can you make them disappear?

This question is just as inappropriate as suggesting that changing your mind might relieve deafness or any other disability. It is not enough to stop thinking about it for the Headmates to disappear. **Headmates are essential to how plurals navigate the world.** Furthermore, rejecting the system can cause a lot of internal conflicts, and will damage trust between you and the system you are attempting to support.

## Who is the original? Who is the true person?

There can be an original one or not, it depends on the system, every **System is different.** However, every headmate should be treated with the same respect and kindness. There is no such "true person" or even "more important headmate", a plural person is a system.

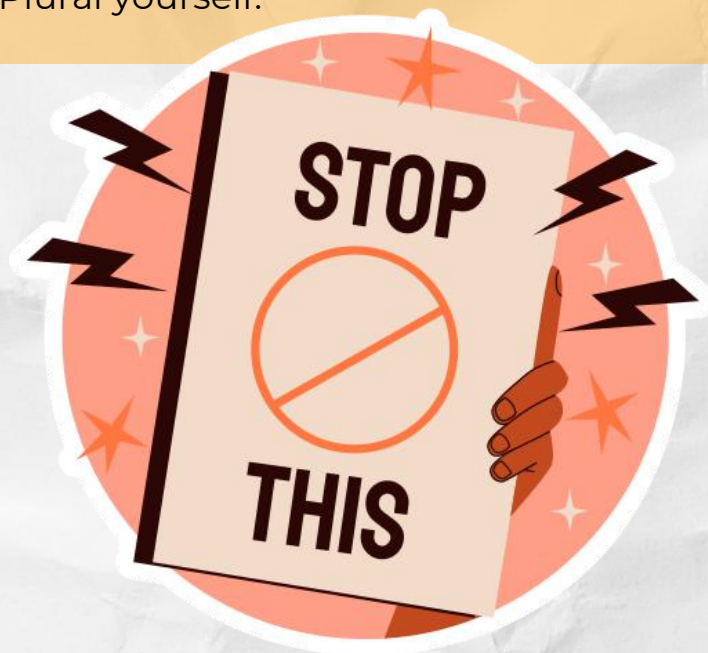


## Why did I not realized you were a system?

Part of the function of adaptive Plurality is to hide the existence of the system. The fact that you didn't notice meant that the system was functioning as designed. Placing emphasis on what you notice or have noticed rather than on what the system you care about is trying to tell you, can very invalidating and enhance any denial that they still struggle with. That question can cause a legitimacy crisis. The system can ask themselves if their Plurality is too visible or not enough. Plurality is generally masked, especially when the system isn't open about being Plural.

## Isn't everyone is a little bit plural?

A lot of people are Plural without knowing that they are Plural, since Plurality can be hidden from the person. So if you feel like everyone might be Plural it is more likely you might be. However, not everyone is like that, no. **All people can have plural experiences, but not all people are Plural.** Being capable of imagining what it might be like to experience Plural is not the same as being Plural yourself. However, if you wonder or fantasize a lot about this, it might be worth to checking in if you could be Plural yourself.



## Why you did not know you were Plural until now?

Adaptive Plurality is there to keep the system safe. One of those safety measures is amnesia. One type of amnesia is keeping knowledge of the system itself from headmates in the system. The knowledge of being a system can be hidden from the system themselves for decades. **This state will often continue until either the system feels safe enough in their environment to come out of hiding or until the stress of hiding becomes so great it can no longer be hidden, usually in a crisis state.** Even when they do finally know, after years or decades of hiding, they may go back into hiding if the system experiences too much stress. Headmates that do a lot of interaction with people on the outside can be the last to know and their systemhood, will stay unnoticed as long as they are not conscious about it. Most Plurals are what is known as covert, meaning that the presentations of different headmates in the body will be very subtle to anyone outside the system, and when the system is hiding from themselves, all internal evidence is minimized as well.

## Can you show me a switch?

It is very understandable to be curious about how Plurality works. Not all Plurals can control their switches, and even if they can, switching can be a very vulnerable process and being asked to switch can feel like being asked to “perform” for you. Most Plurals will not be happy with that request. It can feel like you are asking the system to prove their existence to you, or like a circus performer, being set up to be the point of a joke. So please resist the urge to ask. **If the system feels comfortable around you switching may happen all on its own as more headmates choose to get to know you.** If you want to be there for a system, let them know it's ok to switch but do not ask them to do so.





## Can't you just lock up problem headmates?

Short answer, no. Rejecting/blocking/locking up/pushing away headmates does not make them actually go away it just keeps them from the front. They and their issues that are causing problems will still be there and will often cause more stress internally because now that headmate will be understandably upset that they have been dismissed on top of the original issue. The system might need a lot of support from you while they learn to communicate better with their "problem" headmate. **With better communication the whole system can create better boundaries inside and out** and the headmate will no longer be a problem, just different. All headmates deserve care and respect. If a headmate is causing problems this is usually rooted in a misunderstanding and/or an unmet need. Giving the headmate a chance to express themselves rather than push them away can lead to a solution that works for the whole system "problem" headmate and all.

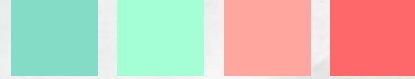


## Can't systems just use headmates as an excuse to avoid responsibility or consequences?

Sometimes from the outside system behavior will seem like this is what is happening, but often that is a side effect of the amnesia between headmates. It may seem tempting to use that amnesia to your “advantage” and get away with things, like they do in movies about DID. That's not how it works for the system though. From the system's perspective the world becomes an unsafe place where you can't trust your own memories, most try harder to be responsible and sometimes will be taken advantage of because of that same amnesia. **Systems are people, trying to navigate an often hostile and singular normative world,** and from their perspective they have to clean up messes and take responsibility for things that other headmates do in the body, whether or not they remember or understand why they did what they did. Leaning into hiding from responsibility only isolates systems socially and makes it harder to get needs met. There will be outliers in any group of course, but the vast majority of systems just want to be themselves and have friends, relationships and a relatively normal life, skirting responsibility only leads away from those goals.







## I saw a System on the Internet and it was not like yours, how is that so?

Every system is unique. Plurality expresses itself in endless forms and combinations. Each system grew out of their own life and circumstances. It will be adapted to the life in that particular body and while there may be similarities between systems and tendencies in plurality there are no limits to the forms that expression might take. There are even more experiences of Plurality than we can imagine.

## I saw that person on the Internet, do you believe if they are Plural too?

It can feel protective to try to weed out liars on the internet, but you cannot know if a person is lying and a lot of time, they are not lying. Searching for “false Systems” or “fakeclaiming” is not relevant. By asking this question, it means you are using your thoughts to question the validity of Systems rather than understand them. This hurts Systems and only shows that you hold stereotypical views and do not really trust people who are Plural, even with Systems who are close to you. It is not our place to judge other people’s experiences or self-concepts.



## Take care of yourself!

If you help someone in difficulty, Plural or not, do not forget to take care of yourself and to respect your own limits. If the situation makes you uncomfortable, you have the right to not take part in it. Whatever happens, stay kind to yourself and to other people.

## Have questions? Need to talk?

Here's the Facebook group:

"Allies of The Plural Association & Dissociative Identity Disorder & OSDD"

## Thank you!

We thank you a lot for reading this guide.

We hope that it gave you answers and that you will share this guide, and what you learned to help other people who are Plurality to be supported!

# EPSI & KARA



# Partielles.com

Pluralité - Troubles dissociatifs - TDI/ATDS/&+

# GOING FURTHER

Partielles: articles and videos in French talking about plurality/multiplicity, of inclusive DID/OSDD and P-DID, created by concerned and in destination of everyone/everymany.



<https://partielles.com>

@PARTIELLES



The Plural Association (TPA) is the first and only, grassroots, volunteer and peer-led nonprofit foundation, empowering & supporting Plurals, by facilitating community for those with Dissociative Identity Disorder (DID) or Other Specified Dissociative Disorders (OSDD), and all other words, labels & forms of Multiplicity under the Plural umbrella.

<https://thepluralassociation.org>

Power to the Plurals

Kinhost

System Speak

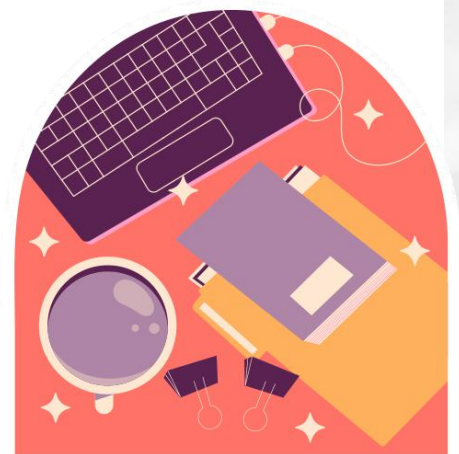
Peer support for multiples

Redwoodcircle

The Alexandrite System

More than one

Apparyllis





# Thanks and credits

Stronghold System

Onécien System, Cristal, Eki, Blue System,

Solarys, Team Jasmine, NerdyDuo

To our relatives

## Sources

Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5)

International Classification of Diseases, 11th review (CIM-11)

Prevalence: <https://bit.ly/2UJ04a4>

Myths: <https://bit.ly/3zp987N>

Sources of “Going further” (page 69)

Other sources available in the articles and videos of [Partielles.com](http://Partielles.com) & [PowerToThePlurals.com](http://PowerToThePlurals.com)

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GUIDE FOR ALLIES, HELPERS  
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